

ABSTRACT OF THE DISCLOSURE

An amino acid composition or an amino acid solution for improving central functions which contains threonine, proline, glycine, valine, isoleucine, leucine, tyrosine, phenylalanine, lysine, aspartic acid, serine, glutamic acid, alanine, methionine, tryptophan, histidine and arginine; and an amino acid composition or an amino acid solution derived from the above composition by removing tryptophan. These amino acid compositions have effects of improving central functions such as healing fatigue, originate from natural materials and have substantially no side effect.

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